

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2011

Zippy Orange Chicken and Rice

Sweet and Tangy Chicken Legs

Chicken Enchiladas

No-Nonsense Chicken Nuggets

Chicken and Vegetable Soup

Zippy Orange Chicken and Rice

½ cup light Miracle Whip
4 boneless, skinless chicken breasts, cut into strips (about 12 ounces total)
½ cup orange juice
2 tablespoons brown sugar
1½ cups uncooked instant brown rice
1 green pepper, cut into strips
1 can (11 ounces) mandarin oranges (canned in juice), drained
1 can (8 ounces) pineapple chunks (canned in juice), drained



1. Heat 2 tablespoons Miracle Whip in a skillet over medium-high heat.
2. Add chicken and cook, stirring for 5 minutes or until done. Drain.
3. Reduce heat to medium.
4. In a small bowl mix remaining Miracle Whip, juice and sugar. Stir into skillet.
5. Add rice and green pepper; bring to a boil.
6. Stir in oranges and pineapple.
7. Remove from heat and cover. Let stand for 5 minutes or until rice is done.

Nutrition Note: This recipe makes 4 servings. Each serving has 400 calories, 9 grams of fat, and 58 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying greens, such as romaine lettuce, here are some things to consider.

Select: Fresh leaves that are not limp or wilted.

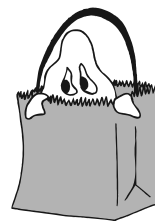
Store: Wrap in paper towels, in a plastic bag, and refrigerate for up to two to three days.

Use: In salads and wraps and on sandwiches and hamburgers.

(Adapted from the California WIC Program)

Sweet and Tangy Chicken Legs

4 chicken leg quarters, skinned
½ teaspoon garlic powder
½ cup unsweetened applesauce
3 tablespoons vinegar
4 tablespoons soy sauce



1. Preheat oven to 350 degrees.
2. Coat a baking dish with nonstick cooking spray. Place chicken legs in the dish.
3. Mix remaining ingredients together in a small bowl and coat chicken legs with the mixture.
4. Cover dish with aluminum foil and bake for 45 minutes.

Recipe Source: The Children's Hospital of Philadelphia

Nutrition Note: This recipe makes 4 servings. Each serving has 180 calories, 5 grams of fat, and 5 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"I do it because it's healthy. It's also for the bonding."



~ Shanna, WIC Breastfeeding Mom of twins from Bismarck

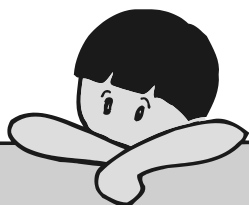
For more information about breastfeeding, check out our new breastfeeding website at www.ndhealth.gov/breastfeeding.

Chicken Enchiladas

1 can (10.75 ounces) fat-free cream of chicken soup
½ cup fat-free sour cream or fat-free plain yogurt
1 cup salsa
2 teaspoons chili powder
2 cups chopped cooked chicken
½ cup canned black beans, drained and rinsed
½ cup reduced-fat Monterey Jack cheese, shredded
6 whole wheat flour tortillas (6-inch), warmed
1 small tomato, chopped
1 green onion, sliced

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the soup, sour cream, salsa and chili powder.
3. In a large bowl, combine the chicken, black beans and cheese. Stir 1 cup of the soup mixture into the chicken mixture.
4. Divide the chicken mixture among the tortillas. Roll up the tortillas and place seam-side down in a 2-quart baking dish. Pour the remaining soup mixture over the filled tortillas.
5. Cover the baking dish with foil. Bake for 40 minutes or until the enchiladas are hot and bubbling. Top with tomato and onion.

Nutrition Note: This recipe makes 6 servings. Each serving has 340 calories, 10 grams of fat, and 36 grams of carbohydrates.



Turn Off the TV

Musical Beach Ball: March around as the music plays. When the music stops, have children sit on their beach balls. Once the music starts again, call out a movement such as walk, run, skip, gallop or slide, as children move to the music. When the music stops, sit on top of the ball until music starts again.

(From www.headstartbodystart.org)

No-Nonsense Chicken Nuggets

3 cups corn flakes
 ½ cup grated parmesan cheese
 ½ teaspoon salt
 ¼ teaspoon onion powder
 ¼ teaspoon garlic powder
 Pinch of black pepper
 1 pound boneless, skinless chicken breast halves,
 cut into nugget-size pieces
 ¼ cup all-purpose flour
 2 large eggs, beaten

1. Preheat oven to 425 degrees.
2. Coat a baking sheet with nonstick cooking spray and set aside.
3. Place the corn flakes in a resealable plastic bag and crush to a fine texture using a rolling pin or the bottom of a small saucepan, or place in a food processor and pulse several times until finely crushed. Combine with the parmesan cheese, salt, onion powder, garlic powder and pepper in a medium bowl.
4. To bread the chicken, coat in flour, shaking off excess. Dip each piece in the beaten egg, then coat well with the corn flake mixture.
5. Arrange the chicken on the prepared baking sheet and cook until golden brown, about 12 minutes.

Nutrition Note: This recipe makes 4 servings. Each serving has 290 calories, 7 grams of fat, and 25 grams of carbohydrates.

Chicken and Vegetable Soup

2 boneless, skinless chicken breasts (10 to 12 ounces total)
 4 cups diced red potatoes
 4 medium carrots, peeled and sliced
 3 celery ribs, chopped
 1 medium onion, chopped
 ½ teaspoon ground sage
 ½ teaspoon poultry seasoning
 8 cups water
 Salt and pepper to taste
 1 chicken bouillon cube
 1 tablespoon cornstarch
 2 tablespoons cold water
 ½ cup chopped fresh parsley

1. In a large soup kettle, combine the chicken breasts, potatoes, carrots, celery, onion, sage, poultry seasoning, water, salt and pepper. Bring to a boil; reduce heat. Cover and simmer for 30 minutes.
2. Remove chicken from soup. When cool enough to handle, cut the chicken into bite-size pieces.
3. After removing the chicken, add the bouillon cube to the soup; stir until dissolved.
4. In a small bowl, combine cornstarch and cold water; stir into soup. Cook and stir until thickened and bubbly.
5. Add cut-up chicken and parsley to soup; heat through. Serve.

Nutrition Note: This recipe makes 8 servings. Each serving has 145 calories, 1 gram of fat, and 21 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES

Family mealtimes help prevent weight problems.

Smart eating habits help children grow up with a healthy weight, avoiding problems like being seriously overweight or developing an eating disorder. During family meals, you can model positive, healthy habits for your children, such as eating slowly, enjoying a variety of foods, and stopping when you are comfortably satisfied rather than overstuffed.